



30. Nordhäuser Silvesterlauf 2016

Nordhausen / 31.12.2016

Detailed evaluation

Selle, Hagen

Club: Mühlhausen

Number: 51

Course: 7.20 km

Pokallauf

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 29:40

Speed: 14.16 km/h

Running performance: 4:07 min/km

Rank in course/Total: 9 (of 65)

Rank in course/Men: 9 (of 53)

Best time in course: 14:15

Rank in category: 1(of 1)

Best time in the category: 29:40